February 26, 2021
Issue #43

**Karlta Zarley,
Energy Healer**

The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Frame Harirak on Unsplash

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put GW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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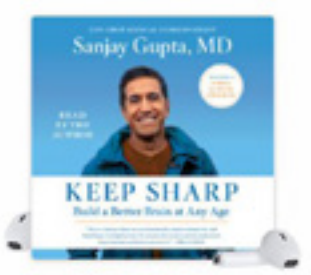

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Rija Awan
Umangini Desai
Michelle McLemore
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Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Capricious

A person or thing that is impulsive and unpredictable

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

RUNNING ON EMPTY

By Rev. Erin Fry

There are times as a parent when it feels like I have lost the capacity to care. I feel totally overwhelmed, frustrated, and exhausted. I feel impatient and I am not able to respond with love or kindness. In those moments, I might yell or be overly aggressive. As an example, when changing a non-cooperative toddler, in my frustration I may have been too rough pulling off his clothes.

Much of the time when I am with my three-year-old twins, I am really present. I get down on the floor and play with them. We dance, wrestle, and build forts. We read every day. If I am busy with housework or on the computer and cannot pay as much attention to them, I stay even-keeled and available if needed. On the whole, I strive to be patient, loving, and kind, and despite the constant activity and motion, I can stop and savor the moment. Not just the extra special moments, but the everyday moments that might go by unnoticed without the practice of gratitude. These are the days that feel like a win.

But how do we handle the days when we feel like we're running on empty?

In his book *Nonviolent Communication*, Marshall Rosenberg talks about how we can't give something that we don't have. He specifically addresses the importance of receiving empathy before we can give it to others, so it is essential that we be grounded in empathy, love, and kindness before we can truly give this to our children.

Rosenberg offers several suggestions on what to do when we can't access our empathy. One approach is simply to let the other person know. He says, "Sometimes if we openly acknowledge that our own distress is preventing us from responding empathetically, the other person may come through with the empathy we need."

At first I thought my children would be too young for such an abstract notion as empathy, but without using the actual term, we have been talking about the concept for as long as they have been able to talk. When one child upsets the other, we don't ask "How would YOU feel if someone did that to you?" Instead we ask "How do you think Brother feels?" "Sad." "Mad." Their answers are basic, but always on the mark, and demonstrate their innate understanding and awareness of empathy. So when I verbalize that I am in distress (feeling frustrated, tired, or overwhelmed), even my toddlers can understand and offer some level of empathy and comfort.

This is a powerful approach no matter how old your children are. Even if our children struggle to offer empathy or understanding, it is a great way to practice being clear to ourselves and to them about our own feelings and needs.

Another method is to give ourselves "emergency first-aid" empathy by noticing what's going on in ourselves. Rosenberg says that "If we become skilled in giving ourselves empathy, we often experience in just a few seconds a natural release of energy that then enables us to be present with the other person."

I am still working on giving myself this emergency first-aid empathy in the heat of the moment. Fortunately, Rosenberg also suggests a third option:

"If, however, the other party is experiencing such intensity of feelings that they cannot hear us nor leave us alone [which is frequently the case with my toddlers] the third recourse is to physically remove ourselves from the situation. We give ourselves time out and the opportunity to acquire the empathy we need to return in a different frame of mind."

I did this once without knowing that I was following Rosenberg's advice. I was so appalled at my behavior toward my toddlers that I stopped and told the kids I was sorry and that Mommy needed a Time-Out. I remember the oddly satisfied look on their faces. They actually seemed pleased to find that Mommy would be treated the same way that they would be treated when demonstrating poor behavior. And they nodded in agreement that, given my level of frustration, a Time-Out was the proper course of action. So I went into my room, closed the door, and had space to cool off. (Luckily, during those few minutes, they didn't do any irreparable damage to the house!)

When I recently came across this third option, I felt much better about the Time-Out I had given myself. Now I no longer look at that moment as a parenting failure. Instead I see the "teachable moment" it became for myself and my kids. I am choosing to see it as a win.

In addition to the options suggested by Rosenberg, I have found another strategy that works for me. I'll call it the "third-party empathy" practice. This is where I find someone who can listen to me and possibly even take over the responsibility of watching the kids. I feel grateful that I have the level of honesty and empathy with my spouse where we can admit when we feel we are at the edge of our capacity. We can tag each other in and out. But my husband used to travel a lot and we don't have any family in the area. I would often be home alone with the babies for a week or more, so I would invite a neighbor over to keep me company. It felt good to have an empathic ear, and the other person's presence created the space for a different experience with my kids (even if that other person wasn't particularly interested in children). Having a partner, family member, neighbor or friend who can offer us empathy and be present when we need a Time-Out can be a big benefit, and I hope that each person can find someone to fill this important role.

No matter which strategy we choose when we are running on empty, if we practice patience with ourselves, we allow ourselves room to learn and grow. Thankfully children are marvelously forgiving — another thing for which I am grateful!

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What's Up In Our Community

with Umangini Desai of the Bio Energy Medical Center

Umangini Desai is a wife and mother of two. She has been part of the Bioenergy Medical Team since 2000 as a certified homeopathic practitioner and is one of the few certified CEASE practitioners (Autism treatments using homeopathy) in the US. Learn more about her on the Bio Energy Medical Website.

How has covid-19 impacted your life?

I am so honored to write about my personal and professional experience during the Pandemic, and the effects of covid-19 that we are still facing. Covid-19 has definitely impacted our lives, but it has also helped us be more resilient and seek the truth within. It changed my perspective to one of being mindful and do the best I can *today*. It touched me when I heard that New York called for practitioners when they had a shortage of medical personnel and soon, the same situation was occurring right in our front-yard. I felt like I need to do something for our community.

So, what did you do?

What I realized is that I needed to serve my community in any way I was able and to share my blessings. While helping a family in Ann Arbor, I discovered MICS, (Michigan Indian Community Services). The founders, Mrs. Hema Rachmale and Mr. Lalit Sethi, were already serving the community with hundreds of volunteers locally during the pandemic. I knew I could help more with a organization that had a larger reach, so I joined the efforts of the MICS.

What is your role at MICS?

I heped organize educational webinars about Covid, how to understand the symptoms, what to do and where to go for help, how homeopathic medicines can support healing from illness. Our goal was to help anyone that was in crises during the pandemic with whatever was needed, Indian or not. I really stepped in wherever I was needed with anything I could do. I also acted as a guide for patients and families dealing with Covid and Covid-related issues both medical and other concerns.

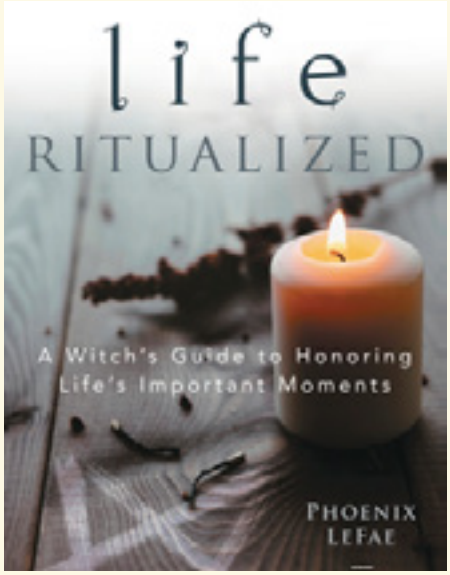
Was there any research on homeopathic treatments and the effectiveness against Covid?

As many know, India is one of the main centers of Homeopathic teachings and clinical research. The government of India declared that they would use certain homeopathic remedies under the guidance of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy). Unfortunately, Homeopathic therapies were not allowed to be used as much here in the US. However, I had an opportunity to meet some amazing homeopaths from all over the world who have done tremendous research on Covid-19 in Haiti and Cuba— on homeopathic remedies that were being used in those countries with positive results. We all want to make the world better with the best of the knowledge available to us. You can read more about the results of these studies on the Free and Healthy Children website.

How did your family start helping with MICS and in the community?

My children started fundraising for the DES (Detroit Education Society) and served hundreds of meals on their own, but with MICS, we delivered 5000 meals in a short time. Through MCIS we helped with meal delivery, homeopathic remedies, basic needs like clothes, blankets, and shoes, and even help with job and wage loss, too.

Crazy Wisdom Book Pick of the Week



Life Ritualized: A Witch's Guide to Honoring Life's Important Moments by Phoenix LaFae

Make your experiences more sacred and meaningful with this book's guidance on ritualizing life's many transitions, no matter how big or small. Phoenix LeFae and Gwion Raven help you commemorate rites of passage, including lesser acknowledged ones like getting a driver's license. Life Ritualized offers detailed instructions for group and solitary activities that enrich these moments for witches and Pagans.

Whether it's a weighty occasion like birth, marriage, or death, or a more private one like blessing a new house or changing jobs, this book provides everything modern witches need to make it a moment of reflection and reverence. Featuring ritual basics and guidelines for creating your own unique rites, Life Ritualized brings deeper spiritual experiences into your life.

Purchase your copy of *Life Ritualized* at shopcrazywisdom.com.

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By Rija Awan

End the Cycle is a new student-run organization at the University of Michigan that works to end the cycle of homelessness and poverty through educational services and advocacy. It was founded in July of 2020 amidst the Covid-19 pandemic when its founders, University of Michigan freshmen at the time, learned of the high rates of homelessness in Ann Arbor, Michigan.

Contrary to popular belief, Ann Arbor has the 10th highest homeless population in Michigan. Studies show that "students experiencing homelessness do not perform as well academically as their housed counterparts, and youth homelessness is associated with higher rates of truancy and lower rates of high school graduation." One of "the leading causes of adult homelessness," as identified in a Philadelphia homeless youth study, was "experiencing homelessness as a youth and the lack of a high school degree or GED."

These high rates of homelessness and educational inequity in Washtenaw county led these students to take action. End the Cycle has developed an online tutoring program for K-12 after-school tutoring, standardized testing preparation (ACT/SAT/GED), and college application mentorship for socioeconomically disadvantaged students. For the students, it's very simple to sign up: a parent/adult must complete one form under the "students" section on End the Cycle's website. Once they sign up, the members get a weekly email where they can sign up for multiple free tutoring sessions in a week. One perk with End the Cycle tutoring is that it has no commitment—students can come twice a week and then none the next week. The scheduling system was designed in order to accommodate the schedules of the students and tutors.

End the Cycle consistently strives to obtain the individual resources needed for each student to feel comfortable and succeed. They also provide programs that are more structured, such as one-on-one weekly academic and GED tutors to help foster mentorship with the students.

Along with the weekly tutoring program, End the Cycle has formed five other committees working on enhancing educational equity and eliminating socioeconomic disparities in Michigan. The first committee formed is the Educational Resources Committee, where members create consistent educational materials relating to schoolwork, standardized testing, and college applications that the program participants can access at any time. Another committee that has recently formed is the Workshop and Programming committee, that is currently working on a homeless shelter community garden project and educational workshops for the residents. The Fundraising and Donations committee held its first fundraiser over Thanksgiving, and raised over $1000 to donate gingerbread houses, gift cards, and educational supplies for over 30 students. They plan to continue donations to homeless shelters throughout the year. Further, the Social Media and Advocacy Committee works to create a constant stream of social media posts through Facebook, Instagram, and email lists to advocate for educational equity. Finally, one of the club's newest committees is working to create an immigrant and refugee conversational program in partnership with the Michigan Refugee Assistance Program to allow non-English speakers to practice English in a relaxed environment.

Outside of the structured tutoring program and committees, End the Cycle also works directly with community partners, such as Alpha House, SOS Community Services, and Michigan homeless liaisons to address community needs. They have recently created the Washtenaw County Juvenile Court's first peer-education program, that provides educational support to students on probation with the hopes of deterring future crime. They are currently working with local refugee organizations to develop a new tutoring program for non-English speakers and have recently partnered with Ann Arbor Public Schools to provide their services district-wide.

With a club of over 50 committed members and a growing number of students, this is just the beginning for End the Cycle. The hope for this organization is to not only address educational inequities through a long-term commitment to student education, but also to socioeconomic disparities in Michigan as a whole. Every day, they are getting one step closer to ending the cycle of poverty.

For more information, please visit https://sites.google.com/view/endthecycleatum/home or email endthecycleatum@gmail.com.

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From Issue #76, Winter 2021

Stirring the Spirit to Health:

A Profile of Energy Healer Karlta Zarley

By Michelle McLemore
Photos by Hilary Nichols

There you are minding your own business, and the sound of a battalion of bees builds to a crescendo—and then disappears just as rapidly. If upon hearing the sound you freeze in momentary panic, you only have a nanosecond to catch a glimpse of the source, and most often it will only be a blur. Seasoned, you know to not swivel about wildly, but to scan with your eyes and turn slowly. Then, you may see the actual flight of the hummingbird. It is a flash of iridescence, a determined small head leading a wake of whirring wings—an almost visible stream hanging in the air where it cuts through this pane of reality like a knife through warm butter.
When asked to reveal the depths of a high-frequency energy individual, like Karlta Zarley, it is like trying to spy a hummingbird in flight. Her true spirit—her energy identity—might be compared visually to a shimmering iridescent cloud—a fluttering of high intensity consciousness because, as she shared, "[she is] working 24/7 in some dimension."

To begin to understand someone who chooses to assist in healing (others and the earth) we must first recognize there is more than meets the eye. Understanding energy—the universal life force which connects and flows through all aspects of life as we perceive it—guides us into understanding communication, and intercessions occur across dimensions and the concept of time. And that new wisdom facilitates understanding that 24/7 "work" doesn't create physical exhaustion…if you have evolved to the point where Zarley is. Along with that comes the understanding that there is no real separation of work from person—there is simply the path and the person she has chosen to be.
To put it bluntly, for those who know her from metaphysical circles, Karlta Zarley is held in deep respect and high regard; Zarley is one of southeastern Michigan's deeper and more profound healers, one of our regional equivalents of international psychics and healers such as Sylvia Brown, Barbara Brennan, and Elaine Grohman.

Zarley's iridescence is due to how she lives her life—how she eats (as naturally as possible), walks, gardens, communicates, thinks, and prepares. She emphasizes the need for self-care three to seven times a week. For example, she may do swaps with others for modality work like massage. She meditates 30-40 minutes a day and has fallen in love with the free "Insight Timer" meditation phone application. At its mention, she seems to start sparkling (next thing I know I'm listening to a brief commercial by a strong advocate). Fifty-five thousand free meditations, 8,000 teachers, 9-11,000 people meditating at the same time—"that is critical mass numbers for change on the earth population," she exclaimed, "and it rewards you with a star every ten days." Zarley leaned in to share, "We couldn't afford

stickers or gum when we were young, so this motivates me." In a culture that has been advocating self-care for the last five years, Zarley clarified it is not just about the self: "To do the level [of healing work] I do, this is the level of self-care I need."

These choices elevate her personal energy frequency, enabling her to interact across matter in ways beyond what most people fathom. And yet this intensity of potential is contained physically in a down-to-earth, nature-loving, casually dressed, no-muss figure of a 63-year-young woman. If the hummingbird symbolizes her internal psychic energy, Zarley manifests in the flesh like a red hawk for her observation and analysis skills, as well as a squirrel in intelligence, communication, loyalty, preparation, trust, and thriftiness.

When I reached out to ask for an interview, warmth issued through Zarley's words on the screen. She suggested a grassy park near Chelsea and intuitively spot-on gave me directions via landmarks versus road names. (Some of you will understand this and know my immediate relief and gratitude.) She had brought a home-packed salad from her garden and had brought me a gift—a bag of fresh green beans. In the back of my mind, my Native American teacher was scolding me for not having brought Zarley—the teacher—a gift. Graciously, Zarley did not acknowledge my faux pax—if it even crossed her mind. We sat at a picnic table in the open-air pavilion, and I hesitated. What is acceptable to ask? What is too personal? Some spiritual healers seem to carry a cloak of mysticism, but there Zarley sat beside me, clear as midday sunshine.

Perhaps the most comprehensive and succinct title at this point would be to describe Zarley as a "whole health consultant." Her health focused journey, however, began very young. She recounts reading to her mother at age four, paging through the dictionary to find the biggest word, when she "chanced" across "obstetrician." As her mother explained what the job entailed, she remembered feeling from that time on that she would work in medicine. Not surprisingly, Zarley would go on to commit over 30 years in traditional western medicine as a registered nurse, mostly in women's studies. But first, within a year of this medical calling, she was faced with a major health challenge of her own. Around age five, Zarley came down with measles and then encephalitis. She was in a coma for a week in a hospital ward with two other children with the same dire conditions. It was during this time that she remembers having her first prophetic dream. Though the details faded, the sense that it was peaceful remained, and in the dream there came an assurance that she would come through the illness all right despite how frightened her parents appeared. Just as the dream foretold, other than having initial difficulty walking due to the multiple injections in her thigh, Zarley fully regained all abilities. Though she didn't dwell on it, Zarley did comment that the other two children in the ward both suffered lasting physical and cognitive impairments. She didn't say she was lucky, nor blessed, nor set up for some great purpose. Still, her respectful pause made it clear she also doesn't take her full healing for granted.

This hospitalization and prophetic dream also marked Zarley's conscious beginning of extra sensory perception. Why? Perhaps Native American tradition can explain it: often a spiritual awakening and rise of spiritual gifts occurs during times of severe illness or temporary loss of consciousness. It is in these times of physical stillness that the spirit may concentrate internally. Perhaps without the external distractions, the inner self can explore and cement access to energetic networks of greater knowledge. Zarley is grateful that her parents were always supportive when it came to her early intuitive episodes. "They never told me something was impossible, or I wasn't seeing what I knew I was seeing." Today, it is more common to hear of children talking to "invisible friends," remembering prior lifetime facts, or even simply declaring things they shouldn't have any access to knowing. How the caregivers respond makes all the difference in the child's acceptance of these abilities and confidence in "normalcy" within society. Zarley explained, "They understood unconditional love even though they had normal parental concerns." Concerns, perhaps, like how could their daughter know certain things [that were happening in the world while] growing up in Iowa?

Read the rest of the story in Issue #76 of the Crazy Wisdom Community Journal online.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson, and Rainey Lamey

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

March 24 - Ken Meisel, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.

March 24 - Jeff Vande Zande has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at www.authorjeffvandezande.blogspot.com

The Crazy Wisdom weekly Calendar

Aromatherapy and Essential Oils

Creating Personalized Bath Collection with Karen Greenberg • Sunday, Feb. 28 • 2 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Book Discussion Groups

A Conversation with Naomi Klein • March 10 • 7 p.m. Join award-winning journalist, syndicated columnist, and best-selling author Naomi Klein for a virtual discussion of her latest book, On Fire: The (Burning) Case for a Green New Deal (2019). In it, Klein proposes that bold ideas and action could avert climate catastrophe and serve as a blueprint for a just and thriving society. Klein is a senior correspondent for The Intercept, a Puffin Writing Fellow at Type Media Center, and the inaugural Gloria Steinem Endowed Chair in Media, Culture, and Feminist Studies at Rutgers University. Register through Eventbrite.

Chanting

Introduction to Mantra and Chanting with Susan Billmaier • Sundays, Mar. 14, 21, and 28, • 10 a.m. • Through story, translation, and practice, this class explores simple single-syllable seed mantras as well as complex 24-syllable mantras. It will give the student the confidence to begin a mantra practice at any level. $54. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Death and Dying

Understanding Death and Passing - Virtual Course • Fridays, Mar. 5, 12, 19, and 26 • 6-7:45 p.m. • What happens when we die? Go beyond myths, emotions, and traditions to set yourself and others free to face the reality of death and therefore embrace life more fully—honoring the inner self. Also available by appointment. Please see our website for more and updates on retreat availability! $210. If you cannot afford the full fees, please ask about a bursary. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Meditation

Weekly Meditation via Zoom • Sun. & Tues. • 11:00:00 AM • Offering the opportunity to meditate online every Sunday and Tuesday morning with others from far and near. Sunday at 11:00 am to 12 noon and Tuesday at 9:00 am. Eastern time. Contact Tana at om@deepspring.org for more information or visit deepspring.org.

Being with the Self: 5-Week Mindfulness Course • Tuesdays in March • 11:15 AM - 12:15 PM • In this 5-week course participants will learn formal mindfulness-based practices, beginning with a focus on attending to the body and breath, then moving to attending to other present moment experiences in sitting meditation. There will also be an invitation to explore 'informal mindfulness practices' and nature-based practices. Gain skills to be more present with yourself, to meet the mind and body with curiosity and compassion.See all offered workshops, register, and learn more at HealingwithHannah.com.

Sensational Gratitude Monthly Workshop • Wednesday, March 3 • 7 p.m. • Join us for mindful breathing, honoring Indigenous wisdom, diving deeper into your connection with the four elements through contemplative practices, greeting, feeling, and expressing gratitude to our senses and bodies. See all offered workshops, register, and learn more at HealingwithHannah.com.

Mindful Pause—Mindfulness of Feelings with the Weber Center • Thursdays, Mar. 4, 11, 18 • 4:00 p.m. • Mindfulness of Feelings invites us to sit quietly and to listen. Every path has a measure of fear and love. Every path has a measure of sorrow. Sometimes it is this that awakens us. Registration requested. Free. Contact the Weber Center at 517-266-4000 or webercenter.org.

Pilates and TRX

Shoulder Pilates Workout • Monday, March 1 • 9:30 a.m. • The class focuses on alignment & posture, building movement awareness with a blend of natural movements. Modifications are given to all levels as you build the fundamentals of Pilates & Natural movement patterns. Contact Gwyn Jones at Me@ gwynjonespilates.com or visit Gwyn online for more information at gwynjonespilates.com.

Pilates Classes • Tuesday, Wednesday, Friday • March 3,4,5 • 9:30 a.m. • The class focuses on alignment & posture, building movement awareness with a blend of natural movements. Modifications are given to all levels as you build the fundamentals of Pilates & Natural movement patterns. Contact Gwyn Jones at Me@ gwynjonespilates.com or visit Gwyn online for more information at gwynjonespilates.com.

Jane L Finkbeiner
Cellular: 734-323-0019
jane@praxisproperties.com

Praxis Properties

117 N. First St., Suite 80 Ann Arbor MI 48104

$338,500

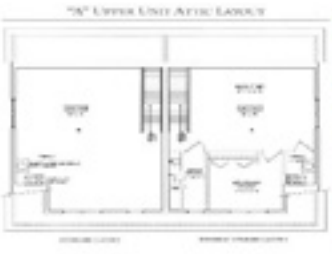
BEDS 3

BATHS 2 (2 0)

SQ. FT 1,748

LOT

New - Under Construction - December Occupancy - Final Phase - 12 New Condos For The Touchstone Cohousing Community - Scio Township Taxes - Ann Arbor Schools - On The Bus Route - Easy Access To Nearby Shopping And Freeways. Enjoy Tree Lined Southern Exposure For This 1748 sq.ft. 2nd Story Condo With 3 bedrooms, 2 Full Baths With Spacious Family Room/Loft. Condo Features 9' Ceilings With Cathedral Ceilings In Family Room/Loft. Amenities Include Tall Deluxe Maple Cabinets With Granite Countertops, Stainless Appliances. Flooring A Blend Of Plank Luxury Vinyl Tile, Ceramic Tile And Carpet. Includes Balcony, High Efficiency Furnace, Air Conditioning. Located In The Touchstone Community Featuring Wide Pathways Throughout With Parking On Perimeter, Gardening Opportunities And New Garage Units Available. Common House Features 24/7 Access For Mail. Residents Have Assess To as Commercial Kitchen With Spacious Eating/Meeting Area, Includes Sitting Room, Media Room, Children's Play Area, Two Full Bathrooms, Overnight Guest Room & Free Laundry Facility. Touchstone Is An Intentional Multigenerational Neighborhood, A Great Place To Raise Kids And Age In Place. Visit Web Site - www.touchstonecohousing.org



Information should be deemed reliable but not guaranteed, all representations are approximate, and individual verification is recommended. Copyright 2021 Rapattoni Corporation. All rights reserved. U.S. Patent 6,910,045

Kitchen Thursday Pilates • Thursday March 4 • 9:30 a.m. • The class focuses on alignment & posture, building movement awareness with a blend of natural movements. Modifications are given to all levels as you build the fundamentals of Pilates & Natural movement patterns. Join me in your kitchen for a pilates workout. Contact Gwyn Jones at Me@ gwynjonespilates.com or visit Gwyn online for more information at gwynjonespilates.com.

TRX Home Class • Thursday March 5 • 8:15 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move so you always keep building workouts. Contact Gwyn Jones at Me@ gwynjonespilates.com or visit Gwyn online for more information at gwynjonespilates.com.

Shamanism

Introduction to Journeying • March 7 • 10 a.m. • 6 hr. class includes power animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Learn more and register at shewolfshaman.com.

Spiritual Development

Unveiling your Divine with Susan Billmaier • Saturdays, Mar. 6, Apr. 3 • 3 p.m. • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasentha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. $150. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Writing and Poetry

Writing and Healing with Susan Billmaier • Sundays, Mar. 7, 14, 21, 28; Apr. 4 • 7 p.m. • There are many ways to think about healing. We can support the healing of another, our own healing, the healing of Gaia and All That Is. Writing, like healing, is a mysterious and magical process. It is one way to explore and understand, if only in this moment, those aspects of life experience that are hidden yet waiting to be discovered. Here, writing is loosely held, encompassing many and infinite forms of self-expression. Join a small circle of healers who practice writing magic and creative expression to reflect on the work and the nature of healing. You may choose to keep your writing private and just for you or to share, if you wish. $135. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

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5 Day Journaling Challenge
Day 1- Emptying
Day 2- Work
Day 3- Boundaries pt. 2
Day 4- Inner Alter
Day 5- Fathers Story
FREE Join the Facebook group to participate
By Austeen Freeman

Join Austeen for 5 days of self study with the 5 day journaling challenge. We journey through 5 prompts, one for each day that assist our self development and growth. The community event is free. Join the Facebook community or sign up to receive the emails. Reach out to Austeen.Freema@gmail.com to sign up for the emails or join through the Facebook group!

Photo by Logan Weaver on Unsplash.